



Suicide Risk and Protective Factors Checklist

Risk Factors: Mark "Yes" or "No" To All That Apply	YES	NO
1. I have had a past suicide attempt (at least once)		
2. I have been diagnosed with a mental illness (major depressive, bipolar, anxiety, schizophrenia, etc.)		
3. I have a history of suicide in my family		
4. I have chronic illness and/or pain		
5. I am unemployed		
6. I have experienced childhood abuse and neglect.		
7. I am a military veteran		
8. I am a first responder		
9. I have access to guns		
10. I have limited access to mental health care		

Protective Factors: Mark "Yes" or "No" To All That Apply	YES	NO
1. I have a positive outlook on life, overall		
2. I am able to accept things as they are		
3. I have children in the home		
4. I am part of a religious group		
5. I am close to my family		
6. I have strong support from friends		
7. I actively seek mental health support when I need it		
8. I feel cared for and loved		
9. I am currently employed		
10. I have a sense of control over my life		

Suicidal Ideation Factors: Mark "Yes" or "No" To All That Currently Apply	YES	NO
1. I have persistent thoughts of suicide		
2. I have thought about and have a method for how I would attempt suicide		
3. I have begun to work out the details of how I would attempt suicide		
4. I intend to carry out my plan		
5. I acknowledge I am at risk of harming myself and I will actively seek help		